Chapter 15: Psychological Therapies

**15.1-**

* **Therapy-** treatment methods aimed at making people feel better and function more effectively
* **Psychotherapy-** therapy for mental disorders in which a person with a problem talks with a psychological professional
* **Biomedical therapy-** therapy for mental disorders in which a person with a problem is treated with biological or medical methods to relieve symptoms
* **Insight therapies (psychotherapy)-** therapies in which the main goal is helping people to gain insight with respect to their behavior, thoughts, and feelings
* **Action therapy (psychotherapy)-** therapy in which the main goal is to change disordered or inappropriate behavior directly
* **Psychoanalysis-** an insight therapy based on the theory of Freud, emphasizing the revealing of unconscious conflicts

**15.2-**

* **Manifest content-** the actual content of one’s dream
* **Latent content-** the symbolic or hidden meaning of dreams
* **Free association-** psychoanalytic technique in which a patient was encouraged to talk about anything that came to mind without fear of negative evaluations
* **Resistance-** occurring when a patient becomes reluctant to talk about a certain topic, either changing the subject or becoming silent
* **Transference-** in psychoanalysis, the tendency for a patient or client to project positive or negative feelings for important people from the past onto the therapist
* **Directive-** therapy in which the therapist actively gives interpretations of a client’s statements and may suggest certain behavior or actions
* **Psychodynamic therapy-** a newer and more general term for therapies based on psychoanalysis with an emphasis on transference, shorter treatment times, and a more direct therapeutic approach

**15.3-**

* **Nondirective-** therapy style in which the therapist remains relatively neutral and does not interpret or take direct actions with regard to the client, instead remaining a calm, nonjudgmental listener while the client talks
* **Person centered therapy-** a nondirective insight therapy based on the work of Carl Rogers in which the client does all the talking and the therapist listens
* **Reflection-** therapy technique in which the therapist restates what the client says rather than interpreting those statements
* **Unconditional positive regard-** referring to the warmth, respect, and accepting atmosphere created by the therapist for the client in person centered therapy
* **Empathy-** the ability of the therapist to understand the feelings of the client
* **Authenticity-** the genuine, open, and honest response of the therapist to the client
* **Gestalt therapy-** form of directive insight therapy in which the therapist helps clients to accept all parts of their feelings and subjective experiences, suing leading questions and planned experiences such as role-playing

**15.4-**

* **Behavior therapies-** action therapies based on the principles of classical and operant conditioning and aimed at changing disordered behavior without concern for the original causes of such behavior
* **Behavior modification or applied behavior analysis-** the use of learning techniques to modify or change undesirable behavior and increase desirable behavior
* **Systematic desensitization-** behavior technique used to treat phobias, in which a client is asked to make a list of ordered fears and taught to relax while concentrating on those fears
* **Aversion therapy-** form of behavioral therapy in which an undesirable behavior is paired with an aversive stimulus to reduce the frequency of the behavior
* **Flooding-** technique for treating phobias and other stress disorders in which the person is rapidly and intensely exposed to the fear-provoking situation or object and prevented from making the usual avoidance or escape response
* **Modeling-** learning through the observation and imitation of others
* **Participant modeling-** technique in which a model demonstrates the desired behavior in a step-by-step, gradual process while the client is encouraged to imitate the model
* **Reinforcement-** the strengthening of a response by following it with a pleasurable consequence or the removal of an unpleasant stimulus
* **Token economy-** the use of objects called tokens to reinforce behavior in which the tokens can be accumulated and exchanged for desired items or privileges
* **Contingency contract-** a formal, written agreement between the therapist and client (or teacher and student) in which goals for behavioral change, reinforcements, and penalties are clearly stated
* **Extinction-** the removal of a reinforce to reduce the frequency of a behavior
* **Time out-** an extinction process in which a person is removed from the situation that provides reinforcement for undesirable behavior, usually by being placed in a quiet corner or room away from possible attention and reinforcement opportunities

**15.6**

* **Cognitive therapy-** therapy in which the focus is on helping clients recognize distortions in their thinking and replace distorted, unrealistic beliefs with more realistic, helpful thoughts
* **Arbitrary inference-** distortion of thinking in which a person draws a conclusion that is not based on any evidence
* **Selective thinking-** distortion of thinking in which a person focuses on only one aspect of a situation while ignoring all other relevant aspects
* **Overgeneralization-** distortion of thinking in which a person draws sweeping conclusions based on only one incident or event and applies those conclusions to events that are unrelated to the original
* **Magnification and minimization-** distortions of thinking in which a person blows a negative event out of proportion to its importance (magnification) while ignoring relevant positive events (minimization)
* **Personalization-** distortion of thinking in which a person takes responsibility or blame for events that are unconnected to the person
* **Cognitive behavioral therapy (CBT)-** action therapy in which the goal is to help clients overcome problems by learning to think more rationally an logically
* **Rational emotive behavior therapy (REBT)-** cognitive-behavioral therapy in which clients are directly challenged in their irrational beliefs and helped to restructure their thinking into more rational belief statements

**15.7-**

* **Family counseling (family therapy)-** a form of group therapy in which family members meet together with a counselor or therapist to resolve problems that affect the entire family
* **Self help groups (support groups)-** a group composed of people who have similar problems and who meet together without a therapist or counselor for the purpose of discussion, problem solving, and social and emotional support
* **Eye movement desensitization reprocessing (EMDR)-** controversial form of therapy for post-traumatic stress disorder and similar anxiety problems in which the client is directed to move the eyes rapidly back and forth while thinking of a disturbing memory
* **Eclectic therapies-** therapy style that results from combining elements of several different therapy techniques

**15.8-**

* **Therapeutic alliance-** the relationship between therapist and client that develops as a warm, caring, accepting relationship characterized by empathy, mutual respect, and understanding
* **Cybertherapy-** psychotherapy that is offered on the Internet. Also called online, Internet, or Web therapy or counseling
* **Biomedical therapies-** therapies that directly affect the biological functioning of the body and brain

**15.9-**

* **Psychopharmacology-** the use of drugs to control or relieve the symptoms of psychological disorders
* **Antipsychotic drugs-** drugs used to treat psychotic symptoms such as delusions, hallucinations, and other bizarre behavior
* **Antianxiety drugs-** drugs used to treat and calm anxiety reactions, typically minor tranquilizers
* **Antidepressant drugs-** drugs used to treat depression and anxiety
* **Antimaniac drugs-** drugs used to treat the manic symptoms of disorders, such as bipolar disorder

**15.10-**

* **Electroconvulsive therapy (ECT)-** form of biomedical therapy to treat severe depression in which electrodes are placed on either one side or both sides of a person’s head and an electric current is passed through the electrodes that is strong enough to caue a seizure or convulsion
* **Bilateral ECT-** electroconvulsive therapy in which the electrodes are placed on both sides of the head
* **Unilateral ECT-** electroconvulsive therapy in which the electrodes are placed on only one side of the head and the forehead
* **Psychosurgery-** surgery performed on brain tissue to relieve or control severe psychological disorders
* **Prefrontal lobotomy-** psychosurgery in which the connections of the prefrontal lobes of the brain to the rear portions are severed
* **Bilateral cingulotomy-** psychosurgical technique in which an electrode wire is inserted into the cingulated gyrus area of the brain with the guidance of a magnetic resonance imaging machine for the purpose of destroying that area of brain tissue with an electric current